Accessions Commander's Direction

Implement a systematic approach to IET physical training in order to enable all soldiers to meet the standard on the current APFT while controlling injuries.

Accessions Commander's Intent

- **Standardize** the current PT program.
- Ensure **rational progression** to promote injury control.
- Begin training at the same point to support soldierization process.
- Physical **success equates to 50 points** in each APFT event.
- **Passing rates**, not average scores support injury reduction.
- DS instills motivation in soldiers to achieve best

Soldier Common Skills

"Rigor" in IET

The Standardized PT Program

- The aim of this program was to incorporate the most current information in a useable form for military leaders, clinical health and physical fitness professionals.

- The unique roll of the USAPFS is to present the value and application of a standardized, prescriptive exercise program and its ability to provide comprehensive injury reduction, while improving physical fitness.

- This program was developed by a special team with representative expertise in physiology, fitness, sports medicine and has undergone an extensive review process by internal and external experts; the latter include members of the ACSM, NSCA, ACE and the Cooper Aerobic Institute.

The Standardized PT Program

Standardization is accomplished through the universal application of uniformed practices and procedures (AR 34-4, Army Standardization Policy).

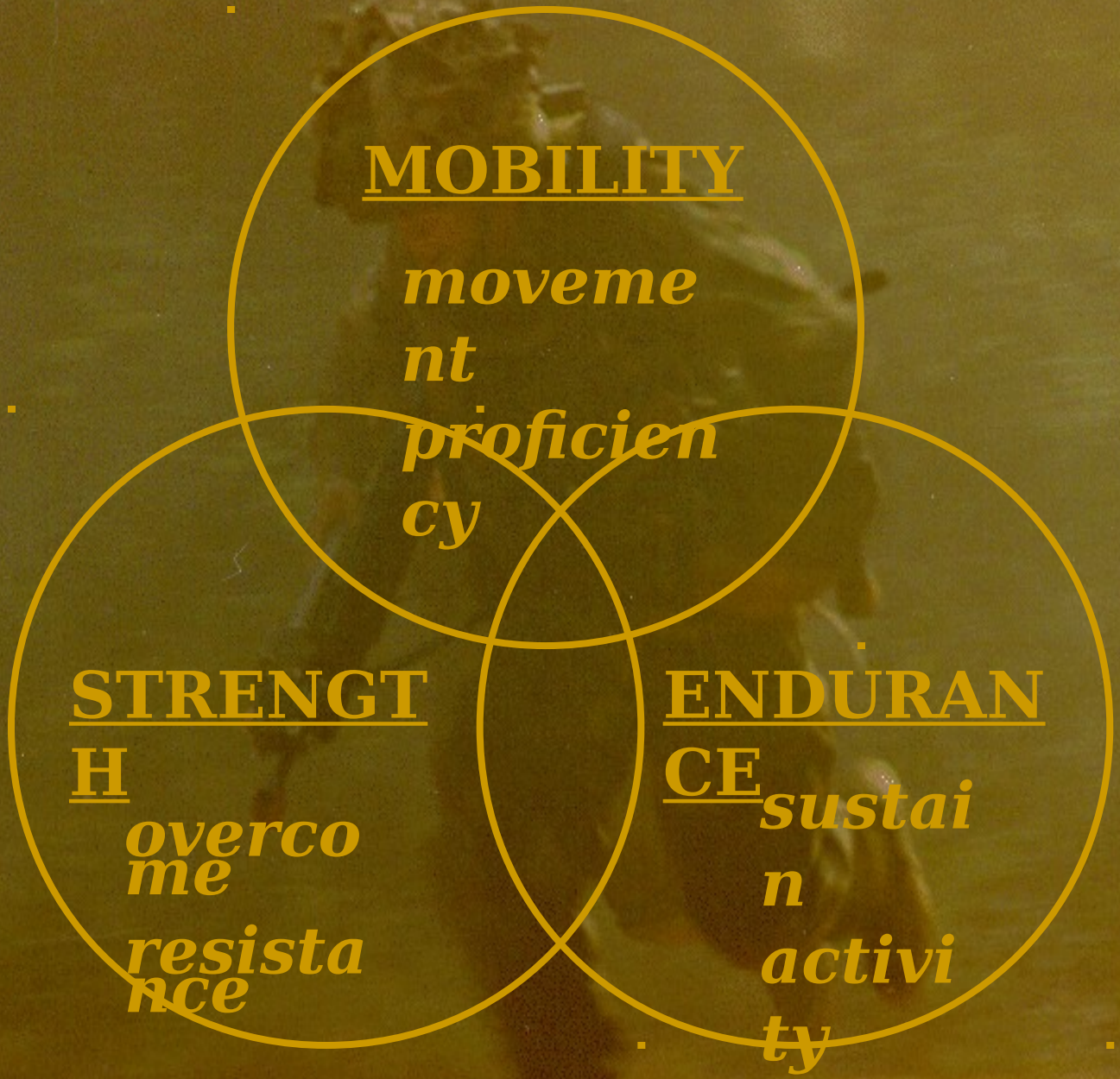
1. PT standardization is accomplished through an organized schedule of prescribed physical training activities [AR 34-4, Para 7d.(1)].

2. These activities are methodically sequenced to adequately challenge soldiers entering the Army and provides the appropriate progression for those soldiers entering the Army with lower fitness levels [AR 34-4, Para 7d.(4)].

The Standardized PT Program

3. Standardized PT emphasizes progressive conditioning of the entire body [AR 34-4, Para 7e.(1)].

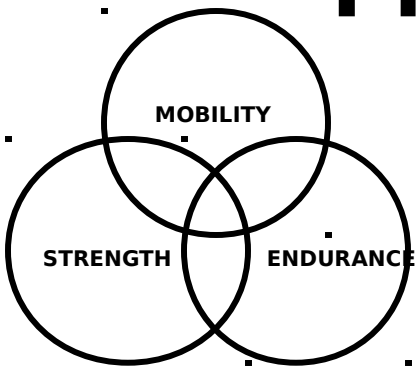
4. PT standardization embodies the fundamental components of strength, endurance and mobility. Standardized training of these components is guided by the over arching principles of exercise: progression, precision and integration. Strict adherence to PT standardization safeguards soldiers by progressively increasing training intensity while controlling injuries [AR 34-4, Para 7d.(3)].

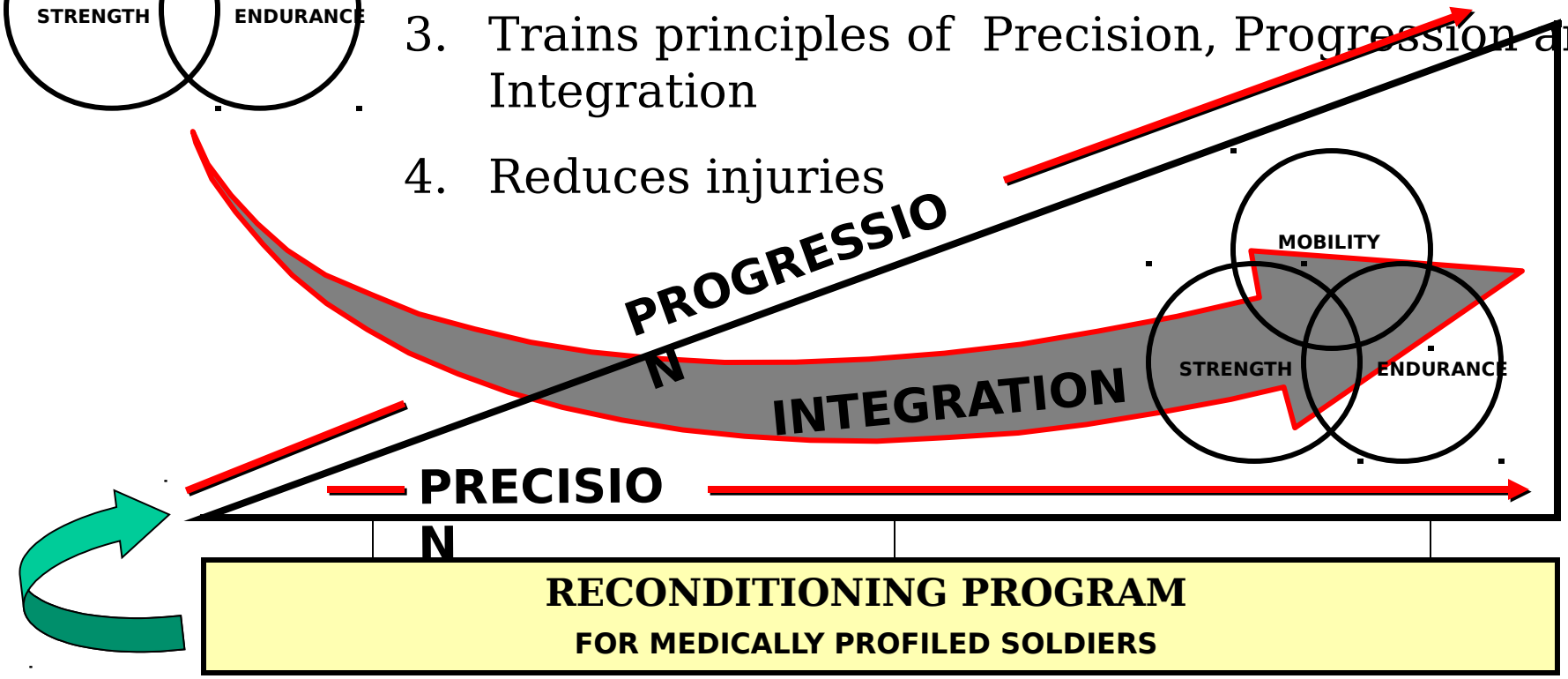


Components of Physical Fitness

The Standardized PT Program

1. Prescriptive and progressive PT system
2. Trains components of Strength, Endurance and Mobility
3. Trains principles of Precision, Progression and Integration
4. Reduces injuries





The Standardized PT Program

1. **Warm-up**
   - **Conditioning Drill 1 — Calisthenics (Strength & Body Management)**
   - **The Military Movement Drill — Form Running (Running Mechanics)**
2. **Activity**
   - **Conditioning Drill 2 — APFT, Pull-up & Trunk (Strength & Endurance)**
   - **Conditioning Drill 3 — Advanced Calisthenics (Strength)**
   - **Ability Group Run — Running (Aerobic Endurance)**
   - **30:60s/60:120s — Speed Running (Anaerobic Power)**
   - **300-yard Shuttle Run — Shuttle Run (Anaerobic Power & Mobility)**
   - **Foot March — March (Aerobic & Muscular Endurance)**
3. **Cool-down**
   - **Conditioning Drill 1 — Calisthenics (Body Management)**
   - **The Stretch Drill — Stretching (Mobility)**

Calisthenics are the Cornerstone of Standardized PT

The foundation of soldier physical fitness is developed by strengthening and stabilizing the joints of the axial skeleton, pelvis, knees and shoulder girdle, along with any areas that are at the highest risk of injury.

- The importance of stabilizing the body's alignment and positioning supercedes any program variables, such as desired repetitions, intensity or tempo.
- Calisthenics were designed to teach fundamental movement skills and develop basic body management competencies.

Decreased Running Volume Reduces Overuse Injuries

- The purpose of running in the standardized PT program is to develop aerobic endurance and anaerobic power.
- Ability group runs based on time, not distance were designed to challenge and improve each soldier appropriate to their fitness level.
- Speed running was designed to allow soldiers to perform a greater amount of intense work, when interspersed with periods of recovery.
- The 300-yard shuttle run was developed to improve the soldier's anaerobic power, speed and mobility.
- Running alone, does not fully prepare soldiers for the functional endurance and strength requirements associated with the performance of soldier common tasks.

Warm-up

- Consists of Conditioning Drill 1 (CD 1) and The Military Movement Drill (MMD).
- Warm-up is no longer composed of static stretches and employs the concept of dynamic exercises (CD 1) to prepare the body for more vigorous activity.
- MMD develops appropriate running motor patterns (stride frequency and length) and prepares the body for more vigorous activity.
- Static stretching is not eliminated, but is more effectively employed in The Stretch Drill as part of the Cool-down.

Cool-down

- Consists of Conditioning Drill 1 (CD 1) and The Stretch Drill (SD).
- Cool-down is no longer composed of just static stretches and employs CD 1 followed by SD to gradually return the body to its pre-exercise state.
- CD 1 improves body management competency and SD improves stability and range of motion.

Conclusion

- **Physical training must address the rigorous physical demands inherent to Soldier common skills. Thus, rigor must be woven into the fabric of the training.**
- **Rigorous training is severely exact, accurate, and precise, while based on the tasks that must be accomplished.**
- **Standardization is a systemized approach to training, that ensures rigor while controlling injuries.**